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Thomas C. Hinkle

How to Eat: A Cure for "Nerves" - Thor

How to Eat: A Cure for "Nerves" Thomas Clark Hinkle

A regime on how to keep a healthy mind in a healthy body, consisting of a yogic way of eating, fresh air and light exercise.

- Summary by Rapunzelina

Read by Rapunzelina. 6 Tracks. Total run time: 01:58:54

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